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Navy Medicine Researchers Works On USS Arizona  
Restoration Project  
By Doris Ryan, Bureau of Medicine and Surgery  
PEARL HARBOR, Hawaii - A research team from Naval  
Submarine Medical Research Laboratory (NSMRL) was  
touched by history recently when they worked to help  
preserve the USS Arizona Memorial.  
Working with divers from the Mobile Diving and  
Salvage Unit 1 and rangers from the National Park  
Service, the four-member team from Groton, Conn. took  
underwater noise measurements of a new hydraulic tool  
designed to remove samples of the battleship's hull for  
metallurgical analysis.  
"Underwater noise can be operationally limiting  
and a physical hazard, and in extreme cases can cause  
damage to a diver's ears, lungs or other body organs,"  
said Dr. Ed Cudahy, a sensory psychologist who is head  
of the diving and environmental simulation department  
and one of the principal investigators on the project.  
"This dive provided an opportunity for us to measure the  
noise level of a new drill being evaluated for use by  
the Navy. Our goal was to determine the cumulative  
noise exposure and provide real-time permissible  
exposure limits for the divers on site."  
While Cudahy stayed topside taking research notes  
and recording measurement, Cmdr. Keith Wolgemuth,  
Medical Service Corps, the second principal  
investigator, and Rick Donlon, NSMRL's diving program  
manager, joined Chief Boatswainmate Brian Kerr  
underwater to collect data, assist with the restoration  
efforts and video tape the drill in use.  
For the four days of the dive, it wasn't just the  
work that mattered - it was the history.

"My main job was to video tape two of the divers actually working on the ship's hull collecting samples," said Wolgemuth. "At the time I was so busy thinking about dive procedures, plus trying to film, I didn't have time to think about the experience of diving on the Arizona. It was only after coming out of the water and sitting topside that I realized I dove on a piece of history. This is not just a sunken vessel. There are still over 1000 crewmembers on board. In some small way we were taking care of shipmates."

"I've been diving for 32 years for the Navy, and diving on the Arizona was a privilege and a solemn moment for me," said Donlon. "A large number of people visited the memorial. There were many young people who seemed very interested in the history. There were many older people, who could have been relatives to the crewmembers below, laying wreaths or throwing flowers in the water to honor them. They remember. I just felt proud."

The USS Arizona Memorial, built over the battleship that was sunk during the attack on Pearl Harbor, honors and commemorates all American service members killed on that day.

The USS Arizona dive is one of several that are part of a two-year noise survey by NSMRL to compare actual in-water noise levels to in-water noise guidance developed by Cudahy and his diving research team. It will also help determine permissible noise exposure levels for military divers using underwater tools.

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Bethesda's New Trauma Training Boosts Readiness  
By Journalist Second Class Rebecca Horton, National  
Naval Medical Center Bethesda

BETHESDA, Md. - National Naval Medical Center  
Bethesda has started a new trauma training program for  
its nurses and corpsmen to provide optimum care to the  
fleet.

Capt. Charles Blankenship, Medical Corps,  
commanding officer of the Medical Treatment Facility  
aboard USNS Comfort, came up with the idea while the  
ship was deployed to the Baltic region last summer.

According to Cmdr. Brian Lewis, Nurse Corps, who  
served as division officer of Comfort's casualty  
receiving bay, Blankenship proposed a three-pronged  
approach to ensure all nurses and corpsmen are  
functional in an operational settings.

"The first prong would be to have corpsmen and  
nurses make rounds with the doctors here at the  
hospital," said Lewis. "The second prong would be  
simulator sessions with FRED (the first responder  
emergency device)."

FRED is a training mannequin that, with the help of  
a computer, can breathe, moan, simulate a heartbeat, and

more.

"The third prong would be to develop a memorandum of understanding with a local trauma center where our staff could observe real trauma," said Lewis.

Nurses and corpsman began visiting Suburban Hospital Healthcare System in Bethesda last month. Suburban, a level-2 trauma center, offers the Navy staff a chance to observe traumas they normally wouldn't see at Bethesda. The program then expanded to allow the Navy nurses and corpsmen hands-on training.

As the program stands now, students receive one day of didactic, or academic, training along with a half day of simulator training with FRED, a half day of orientation at Suburban and then three full shifts of working on staff at Suburban, seeing patients in the emergency trauma unit.

"The hands-on training we received was excellent," said Hospital Corpsman 3rd Class Jason Moore, one of the first participants in the new training. "Being able to go to Suburban was a reality check for me. You can work on a simulator all day and get great training, but sometimes it's not until you have a real patient in front of you that you are able to build confidence and know that, yes, you really have learned something that can save someone's life."

Lewis said he is planning on expanding the program to be more in-depth and last longer.

"We're hoping to have a two-week-long class held each month," said Lewis. "We want to be able to train a cross-spectrum of individuals from all our operational platforms, we know that sending our Sailors out with a little bit more training and experience will provide our fleet with top-quality healthcare, no matter where we are."

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#### MSC Officer Is Named Honorary Marine

By Brian Badura, Bureau of Medicine and Surgery

WASHINGTON, DC - Being a Marine carries with it respect and tradition, and it is earned through tireless effort and dedication. To honor his years of dedicated service to the Marine Corps, the Commandant of the Marine Corps Gen. James L. Jones has made Navy Capt. Roger Edwards, Medical Service Corps, an honorary Marine.

Marine Corps Order 5060.19A allows the Commandant to officially recognize an individual as an honorary Marine to acknowledge their contributions to the community and the Marine Corps. Edwards and three others received the award during a ceremony in Washington, D.C.

Edwards has spent 18 of his 36 years of naval service working to support the Marines. He is currently serving as the executive assistant to the Medical

Officer of the Marine Corps.

"I've served in many capacities with the Marines over the years, but they managed to surprise me with this award," Edwards said.

As part of the ceremony, Jones presented Edwards with the symbolic Marine Corps Eagle, Globe and Anchor. Receiving the device symbolizes a rite of passage for Marines, and is worn by every Marine upon completion of basic training.

According to the Marine Corps, 46 individuals have been awarded the title of honorary Marine. The first honor was given in 1992.

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BUMED Chaplain's Office Coat DC Kids

From Bureau of Medicine and Surgery Public Affairs

WASHINGTON, DC - The Bureau of Medicine and Surgery's chaplains' offices resemble a huge department store coat sale, thanks to the generosity of Navy Medicine's Sailors and civilians.

To date, about 225 new and gently used overcoats and jackets have been donated by BUMED and other Navy Medicine staff members to help keep DC's needy children warm this winter. DC has already had one snow storm this season, and the "Farmer's Almanac" and local weathermen predict the winter to be cold and wet.

This is the third year the chaplain's office has sponsored the coat program, partnering with DC's Council for Child Abuse and Neglect and Unity Healthcare, Inc.

In addition to a warm coat, Capt. Jane Vieira, Chaplain Corps, BUMED's special assistant for pastoral care, said that children's books are also being collected, and that they've partnered with the U.S. Marine Corps Reserve's Toys for Tots program to ensure that not only every child on the list gets a coat, but also a book and toy, too.

"We want to make sure every child gets a coat to warm their body, a book to expand their mind, and a toy to warm their heart," said Vieira.

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Former Navy Surgeon General J. William Cox Dies

From Bureau of Medicine and Surgery Public Affairs

WASHINGTON, DC - Vice Adm. J. William Cox, Medical Corps, retired, former Surgeon General of the Navy, died last month. He was 74.

Cox joined the Naval Reserve in Feb. 12, 1954, interning at then Naval Hospital San Diego. Subsequent assignments include U.S. Naval Hospital Subic Bay, Republic of the Philippines, Naval Hospital Philadelphia, Bureau of Medicine and Surgery, Naval Medical Training Institute, Naval Health Sciences

Education and Training Command, National Regional Medical Center San Diego. While at NRMC San Diego, he was nominated and confirmed as the twenty-eighth Surgeon General and Chief, Bureau of Medicine and Surgery on Aug. 19, 1980.

During his three years as Surgeon General, he authorized the construction of two hospital ships, which would later become USNS Comfort (T-AH-20) and USNS Mercy (T-AH-19), and focused on improving medical support for the Navy fleet and Marine Corps amphibious forces. He facilitated the approval of a flag-rank officer for the Medical Service Corps and oversaw the reorganization of the Navy's Bureau of Medicine and Surgery and its medical department into the Naval Medical Command.

After retiring from the Navy, Cox served as the head of the Association of Military Surgeons United States (AMSUS), and an associate dean and lecturer at San Diego State University's Graduate School of Public Health.

Cox received a Legion of Merit for his exceptional service to the Navy and his country.

He is survived by his wife, Anne, son, William E. Cox, and sister, Veda Lynn.

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DoD, Navy Pharmacy Service Honored at President's Quality Award Ceremony

By Sgt. 1st Class Doug Sample, American Forces Press Service

WASHINGTON, DC - Among the finalists for the 2002 President's Quality Award, annual awards given to those in government organizations that have demonstrated efficient business and management practices, was DoD's TRICARE Management Activity for its Pharmacy Data Transaction Service. The pharmacy service uses state-of-the-art technology to link patient information between pharmacies at military treatment facilities, the National Mail Order Program and civilian retailers that are part of the TRICARE managed-care network. Navy Medicine, as well as the other services, use PDTS.

Hundreds of submissions from government agencies and organizations across the country were submitted.

"(The awards) are examples of what can happen when people put their mind to delivering excellence on behalf of the taxpayers," President George W. Bush said. "There's creativity and flexibility, people willing to think outside of the proverbial box. And as a result, our country is better off."

The criteria for the President's Quality Award is based upon the 2001 President's Management Agenda that calls for government-wide reforms.

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TRICARE Awards New Retiree Dental Program Contract

From DOD TRICARE Management Activity Public Affairs

WASHINGTON, DC - The Department of Defense, TRICARE Management Activity, awarded Delta Dental Plan of California, located in San Francisco, Calif., a contract to provide services for the TRICARE Retiree Dental Program (TRDP). The contract covers a five-year period and is valued at approximately \$987 million. "The new contract provides a greatly enhanced dental benefit package and improved customer service for our retirees," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

The new dental contract will begin on May 1, 2003, and will continue to provide a voluntary enrollee-funded dental plan to uniformed service retirees and their family members, certain surviving members of deceased active duty sponsors and to Medal of Honor recipients and their immediate family members and survivors.

The TRDP will offer dental coverage throughout the 50 United States, the District of Columbia, Puerto Rico, Guam, the U.S. Virgin Islands, American Samoa, the Commonwealth of the Northern Mariana Islands and Canada. All premiums are paid by the enrollee and vary depending on where the enrollee lives.

Beneficiaries may find more information about the TRDP on the TRICARE Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil) or by visiting the Delta Dental Plan of California Web site at [www.ddpdelta.org](http://www.ddpdelta.org).

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Healthwatch: Home First Aid Kits Need Not Be Extravagant  
By Brian Badura, Bureau of Medicine and Surgery

WASHINGTON, DC - Where do you keep your home first aid kit? How about the one for your car? Or do you even have a first aid kit at all?

A hodgepodge of miscellaneous bandages and over-the-counter pills strewn about don't really qualify as a proper first aid kit. To be prepared for life's unexpected bumps and scrapes - or even more serious illnesses or injuries - take some time to assemble a first aid kit for your home and automobile.

"Accidents happen to everyone, at inconvenient times, and you don't know how long it will be before help arrives," said Cmdr. Lynn Welling, Medical Corps, Navy Medicine's emergency medicine specialty leader. "Therefore, you need to be prepared in advance by having a first aid kit at the ready."

According to the National Institutes of Health (NIH), a good first aid kit doesn't need to cost a lot or include extravagant medical equipment and supplies. In fact, many of the recommended items may already be in your home.

The NIH recommends these items when assembling your first aid kit:

- Sterile adhesive bandages in assorted sizes

- Two-inch sterile gauze pads (four to six)
- Four-inch sterile gauze pads (four to six)
- Hypoallergenic adhesive tape
- Triangular bandages (three)
- Two-inch sterile roller bandages (three rolls)
- Three-inch sterile roller bandages (three rolls)
- Splints: 1/4 inch thick by 3 inches wide x 12 to 15 inches long
- Scissors, tweezers, needle
- Moistened towelettes
- Antiseptic
- Sterile saline solution
- Thermometer
- Tongue blades
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (two pair)
- Eye goggles
- Sunscreen
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Syrup of Ipecac (used to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

Put these items in a suitable container that will keep them clean and dry, while at the same time allowing for easy, organized storage. Fishing tackle boxes, small tote bags and plastic tote bins work well for first aid kits.

Keep some change in the car first aid kit so you can make phone calls in an emergency. Be sure to include a list of emergency phone numbers as well. Check the kit periodically to ensure the supplies have not outlived their expiration date. Be sure to discard and replace any old items with fresh supplies.

Welling recommends taking inventory of your first aid kit twice a year at the same time you change your smoke alarm batteries. She also recommended keeping first aid skills current.

"Keeping your first aid skills current is just as important as keeping the supplies current, and first aid refresher training is always a good idea," she said.

Home first aid kits are not usually outfitted to treat major injuries. If a more serious injury does occur, consult with a health care provider or your local emergency medical services for instructions and treatment.

For more information on assembling your first aid kit, visit the NIH Webster at [www.nih.gov](http://www.nih.gov).

Got news? Navy & Marine Corps Medical News seeks stories and photos about Navy Medicine people, places, ideas, innovations, events. Call the MEDNEWS editor at 202 762-3223 or e-mail [JaKDavis@us.med.navy.mil](mailto:JaKDavis@us.med.navy.mil).

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